

January 2015
FINAL EDITION

WELL AWARE

Monthly Newsletter

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Contact DelaWELL

www.delawell.delaware.gov
1-800-556-6106

EMAIL: Employee.wellness@state.de.us

Alere®

<https://delawell.alerehealth.com>
1-866-674-9103 (Nurse24)

Contact Statewide Benefits Office

www.ben.omb.delaware.gov
1-800-489-8933 OR (302) 739-8331
EMAIL: Benefits@state.de.us

Final Edition Of WellAWARE - NEW “Look and Feel” Coming For Statewide Benefits Office Communications

The January 2015 edition of WellAWARE will be the final version produced and disseminated, as the Statewide Benefits Office (SBO) is undergoing an exciting process where we are working on developing a new “look and feel” for communications. Our main goal is to help members better understand their benefits by giving them the information, resources and tools they need when they need them, so they can make the most of their benefits and health care dollars. We want our employees, pensioners and their family members to live the happiest and healthiest lives they can!

Constructive feedback, including input from focus groups consisting of State of Delaware employees and retirees, has led us on this new path of creating a more recognizable, consistent and streamlined communications strategy. Our plan is to use a mixture of communication methods (i.e., face-to-face, email, text, print, video, webinar, Facebook, etc.), as well as revamp the SBO website to make it more user-friendly.

Stay tuned for more information on all of this later in 2015!

In the meantime, we welcome continued input, feedback and ideas from our members. We are here for you and value your suggestions! Please feel free to share them with our designated SBO Customer Service Team by calling 302-739-8331 or 1-800-489-8933. You can also reach the team via email at benefits@state.de.us.





DelaWELL News And Upcoming Events

Placing Delaware at the Forefront of Wellness

What's Going On:

2014-2015 DelaWELL Program Year (NOW through May 31, 2015): Reward Yourself With The Best Of Health

Visit <http://www.delawell.delaware.gov/program-info.shtml> to learn about the programs and services available and how to earn DelaWELL Rewards up to \$200!

Start Your New Year Off Right With Special Discounts



- **Weight Watchers® Discounted Pricing** - Learn more at <http://www.delawell.delaware.gov/ww.shtml>.
- **Gym Membership Discounts** - Visit www.delawell.delaware.gov and check out the links located on the left menu under "Special Discounts."

DelaWELL's One Change Challenge Starts January 15th

By making one small change to your daily routine, you can make a big impact to your personal health. Choose one behavior (i.e., exercise, healthy snacking, healthy drinking or sleep) to focus on during the challenge and earn one point each day for practicing the healthier alternative. Take part in the One Change Challenge (January 15 - February 15, 2015) and get your year started with a new healthy habit! Learn more at <http://www.delawell.delaware.gov/wellness-challenges.shtml>.

**ONE
CHANGE
CHALLENGE**

Upcoming Events:

2014-2015 DelaWELL Health Screenings

The free screenings are offered January 5 through April 29, 2015 (for those members that did not attend a screening from July through November 2014). Appointments are available during work hours, as well as late afternoon/ evening hours. Learn more at <http://www.delawell.delaware.gov/health-screenings.shtml>.

DelaWELL University Onsite Health Seminars

January 2015 – Topic: Understanding Health and Exercise

April 2015 – Topic: Understanding Food and Nutrition

Register for a seminar date, time and location convenient for you by visiting http://www.delawell.delaware.gov/Seminar_Registration/Semi_Reg.asp.



Motivation Station: Employee Spotlight



Jessica Eisenbrey

Manager of Media Relations
Office of Management and Budget (OMB)



"With all of the changes I've made in the last year and a half, I've now lost more than 30 pounds and am down three pant sizes. I'm happier and healthier and have more energy to do the things I love."

To read Jessica's complete story and other participant health testimonies, visit www.delawell.delaware.gov and click on the "Motivation Station" link.

Has the DelaWELL program impacted your overall health? Do you have a success story that will encourage your co-workers along their path to wellness? If so, we would like to hear from you! Send us an e-mail at Employee.Wellness@state.de.us possible posting in an upcoming edition of WellAWARE and on the DelaWELL website.

HMS (Health Advocate) EAP + Work/Life Program: Stick With Your Dieting, Fitness & Nutrition Resolutions

It's a new year for a new you! Common New Year's resolutions include losing weight, eating healthier and exercising more. Your EAP + Work/Life Program is here to help you meet these goals and stick with it!

Visit the HMS (Health Advocate) EAP+ Work/Life Program website at <http://hms.healthadvocate.com>. After you enter "State of Delaware" as the name of your organization and click "Submit," then navigate to the **Health** link and select **Dieting, Fitness & Nutrition**. Here you will find helpful articles and videos. For example, under the Cardio Training link you will find info like "A Real 8-Minute Fitness Routine," "Interval Training Can Spice Up a Workout" and "Motivation for Diet and Exercise." Under the Weight Loss Strategies link you will find info like "Avoiding Fad-Diet Traps," "Dining Out? How to Make Healthy Choices" and "Choosing a Safe Weight-Loss Program."

**HMS is easy to reach and available
24/7 to assist you!
1-800-343-2186**



hms | A HealthAdvocate Company

Healthy Recipe: Whole-Grain Party Mix

Ingredients:

1/3 cup olive oil
2 tablespoons Worcestershire sauce
3 to 4 tablespoons salt-free garlic and herb seasoning
5 cups whole-grain waffle-style cereal
2 cups whole-grain "O" cereal
1 cup unsalted, dry roasted soy nuts
1 cup mini-pretzels (whole wheat is best)

Directions:

Heat oven to 250 degrees. Pour olive oil, Worcestershire sauce, and seasoning into a 9-by-13-inch pan. Mix well. Add remaining ingredients and stir until cereal, nuts and pretzels are coated. Bake for an

hour, stirring about every 15 minutes. Let cool and store in an airtight container.

Serves 20:

Each 1/2-cup serving contains about 137 calories, 4 g protein, 6 g fat, 0 mg cholesterol, 19 g carbohydrates, 3 g fiber and 160 mg sodium.

For more great recipes, visit the HMS EAP+ Work/Life Program website at <http://hms.healthadvocate.com>. After you enter "State of Delaware" as the name of your organization and click "Submit," navigate to the "Health" tab and look under the header "Recipes."



The Fitness Guru Says...

Health Tip: Body Weight Squats

Dear Reader,

Here is a toning exercise you can do that targets the quads/glutes:

Stand with your legs slightly more than shoulder-width apart and your hips and feet rotated to a 20- to 30-degree angle. Contract your abdominal muscles throughout the exercise. Start with your hips and knees flexed, torso leaning slightly forward, your spine in natural position and your weight over your ankles. Place your arms either out in front of you or on your hips for added stability.

Slowly lower your body so your knees form a 90-degree angle. Do not let your knees come out over your toes. You should feel a contraction in your buttocks (glutes) and front of your legs (quads). Keep your spine straight as you lower your body; don't bend too far forward. Lift your body up from the squat to the starting position while squeezing your buttocks.

Source: DelaWELL Health Portal (<https://delawell.alerehealth.com>) – Fitness Planner



Best of Health!

F.G. (a.k.a. Fitness Guru)